




# CALENDAR OF HOLIDAY DOABLES



JANUARY	FEBRUARY	MARCH	APRIL
<p><b>New Year's Day</b> Eat some black-eyed peas for good luck.</p> 	<p><b>Valentine's Day</b> Filled cookies with strawberry jam or cherry pie filling.</p> <p><b>President's Day</b> Cherry cobbler, cherry pie or cherry tart.</p>	<p><b>Texas Independence Day</b> Plant vegetable or herb seeds in cups or pots.</p> <p><b>St. Patrick's Day</b> "Go for the Greens" with kiwi, zucchini, honeydew melon, peppers, broccoli, green apples.</p>	<p><b>Passover</b> Matzo with Charoses. Grind up apples with walnuts and honey.</p> <p><b>Easter</b> Celebrate by making bunny salads from canned pears.</p>
MAY	JUNE	JULY	AUGUST
<p><b>Cinco de Mayo</b> Examine the different kinds of red and green chili peppers.</p> <p><b>Memorial Day</b> Pack a picnic with favorite fruits and vegetables.</p>	<p><b>Flag Day</b> Honor the red, white and blue. Try bananas or pears (white); strawberries or cherries (red); blueberries (blue).</p> <p><b>Father's Day</b> Have the kids find out Dad's favorite fruit or vegetable.</p>	<p><b>July 4th</b> Treat yourself to a Red, White and Fruity Parfait with fresh fruit and vanilla yogurt.</p>	
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p><b>Diez y Sies</b> Examine and discuss vegetables of the Hispanic heritage in Texas. Examples: jicama, chayote, nopal, plantain.</p>	<p><b>Halloween</b> Pumpkins make fun jack-o-lanterns and delicious muffins or bread.</p> 	<p><b>Thanksgiving</b> Celebrations salute the Pilgrims' first foods of corn, beans and squash.</p>	<p><b>Hanukkah</b> Potato pancakes or Latkes served with applesauce.</p> <p><b>Christmas</b> Preparations include cooking cranberries, making cookies filled with dates, prunes or figs. Guess how many kinds of fruits and nuts are in a fruit cake.</p>